

# 2024 Asia Triathlon Cup Tokyo Uminomori

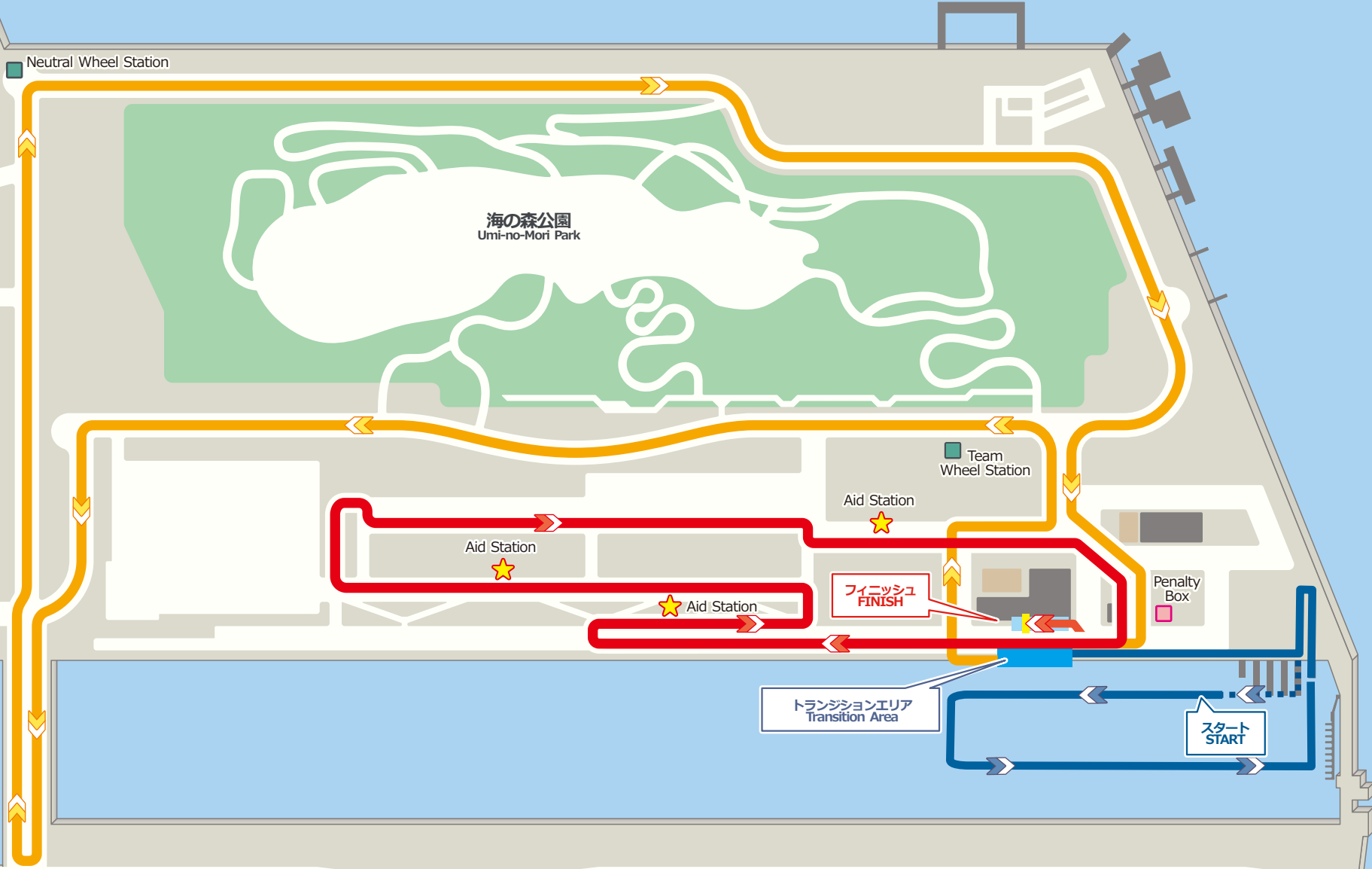
## Elite Course Map

Swim: 1.5 km ( 750 m x 2 Laps )

Bike: 40 km ( 5 km x 8 Laps )

Run: 10 km ( 2.5 km x 4 Laps )

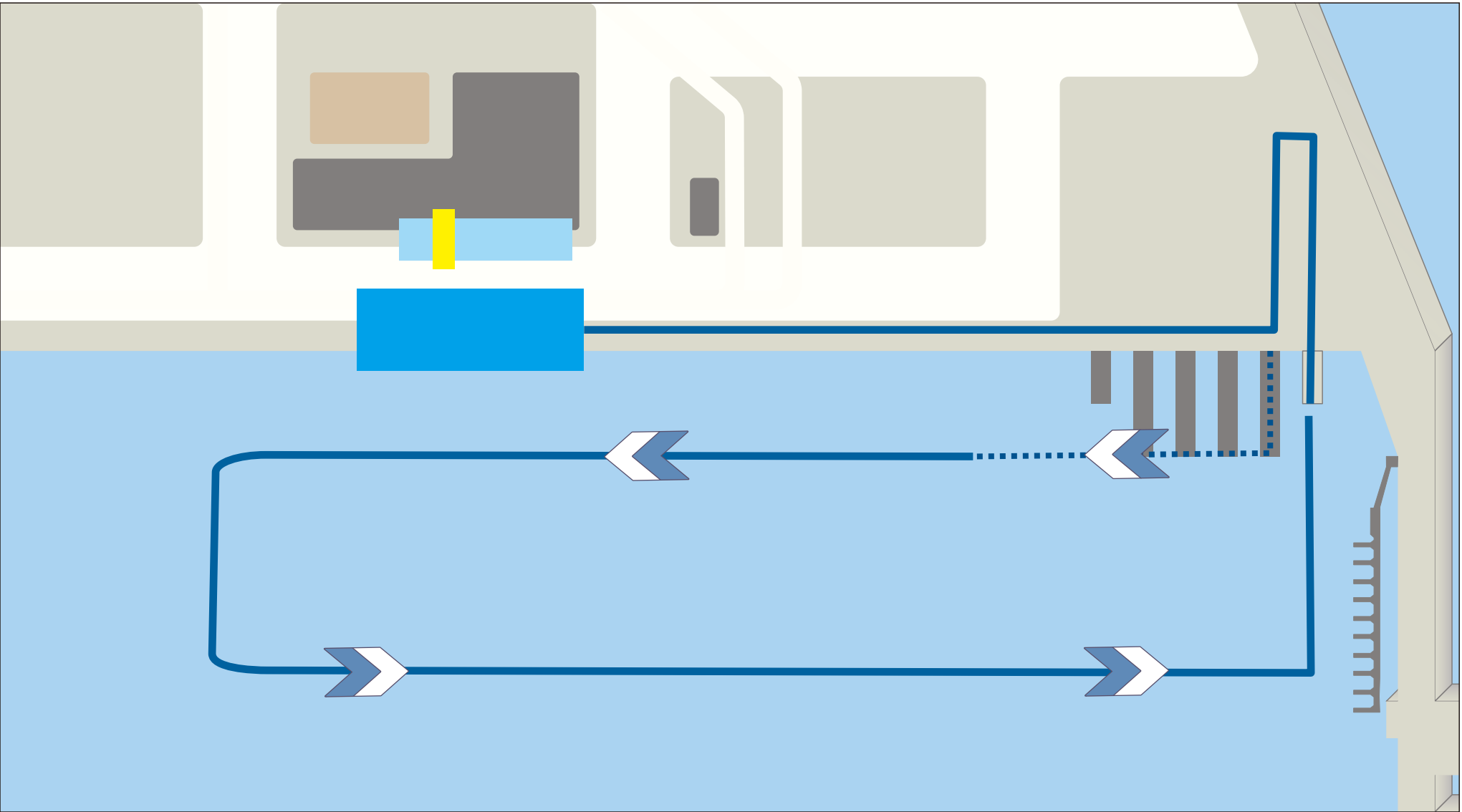
Course	Icon	Description
Swim Course		Swim Course
Bike Course		Bike Course
Run Course		Run Course



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## Elite Course Map

Swim: 1.5 km 800m (1st lap)  
700m (2nd lap)  
Bike: 40 km ( 5 km x 8 Laps )  
Run: 10 km ( 2.5 km x 4 Laps )



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